



Kidz Fasting Guide & 21 Day Devotional
21 DAYS OF PRAYING, FASTING AND GIVING
MARCH 28 - APRIL 17, 2011

What is fasting?

It is something that the Bible suggests for us to do when we need or want to get closer to God. When we take a break from things we normally do or eat, it means we are FASTING these things. When we fast things that we enjoy, it allows us to find the same kind of joy in spending time with God instead.

How?

By NOT doing some *things* that people have created for us to do that connect us more to the world we live in, and have been created for us to enjoy.

Like what *things*?

Like not eating certain foods that we don't NEED, just REALLY LIKE!!!! Like chocolate, sodas, sweets, fast food (like the places you drive up and order your food from your car window) and things like that. But it can also mean NOT watching TV or playing video games, texting our friends, or using the computer.

Why should I fast?

It's like when you haven't cleaned out your backpack in a long time. You find all kinds of stuff that should have been thrown away and some things you don't need to carry around anymore. Once you've cleaned it out, it's not so heavy AND you can find things easier. It's all neat and fun to use again. That's what fasting does to our body, and our soul (the part of you that knows when you're sad and happy is your soul).

So what do I do?

This Booklet will take you day by day. It will tell you what to fast each day, what to pray about each day, and what to read in the Bible. Then it will give you a place to journal or draw your thoughts for the day. Find a quiet place where you can write in the journal. Tell how you felt at the end of the day, or what you feel as you start your day. You may write what you felt God taught you or something you *learned* about God that day. You can make changes to this booklet if you feel like there is something else you should fast or pray about. Just remember it's to help you get closer to God by spending time with Him instead of other things you would normally do that day.

How do I prepare to fast?

Ask your parents to get you some healthy choices around the house that you can eat like fruits, vegetables and juices. Find a Bible that you understand when you read it. There are lots of versions of the Bible. A version is when you are saying the same thing, but using different words. Some versions are easier for kids to read than others. Ask your parents to help you with this. A good version is the New International Readers version (NIrV).

What should I do while I fast?

Read your Bible, listen to worship music. Think. Pray and ask Jesus to help you make good decisions each day. Ask Him Is there something you need to change? Someone you need to talk to? Someone you need to apologize to? Is there a different way you need to act? Is there something you feel God is asking you to do that you've never done before? (like pray with someone)





Day 1 - Monday

Fasting Item: Video Games

Daily Bible Reading: Matthew 12:9-13

Let Nothing Hold You Back

-How often do you stick up for those who have no one to help them? Or help out kids who get teased all the time, or completely ignored?

-Pray for a chance to help out someone who needs it, and a chance to share a little bit of Christ-like love. And remember, when you see that chance, do it right away – Jesus did. **Later today or this week, write down the chance you found to do this, and tell how you were able to help.**

Day 2 - Tuesday

Fasting Item: Fast Food (like McDonalds, Burger King, Arby's)

Daily Bible Reading: Philippians 2:1-4

Coming In Last

-When we are feeling bad by whatever is going on around us, how often do we choose to encourage people around us, instead of complaining about our own problem? How do we show that the needs of those around us are more important than our own?

-Pray that God would give you a new look of the things and people around you– and that you would begin choosing to put your friends and family before yourself.

Draw a picture (that only has to make sense to you) of something in your life that is bothering you and you would like for God to help you fix.





Day - 3 Wednesday

Fasting Item: Television (Make a plan of what you'll do instead!) 😊

Daily Bible Reading: Genesis 24:1-28

Above and Beyond

-We are asked a lot to do things for others and slowly, angrily get through the task as if it were torture. How often do we joyfully complete our chores and do them well, finish our homework early and THEN offer to help cook dinner

– just because we want to?

-How can you go out of your way to help or serve someone when they don't expect it?

Day 4 - Thursday

Fasting Item: Daniel Fast (Eat Fruits and Vegetables Only Today)

Daily Bible Reading: Luke 10:19

Above and Beyond

Prayer:

*God, I thank you for your sacrifice that has helped me get closer to you and know that you are closer to me than a friend. I pray that I know you are always with me and near me and that the things I do will make people like you more. Thank you that I know that you are for me, and are always with me. Amen. **Write below how this fast has made you feel and what you have learned so far.***





Day 5 - Friday

Fasting Item: Facebook/MySpace/Twitter/ (for younger kids fast computer games)

Daily Bible Reading: Romans 8:37

Conquerors Through Love.

Prayer: *Jesus, thank you for your sacrifice and for getting the victory over really hard and really bad problems. When I see darkness, show me how I can bring your light into that situation and show people how powerful your love can be.*

Write about a time that you know of when loving someone no matter what, fixed a problem.

Day 6 - Saturday

Fasting Item: Technology (TV, video games, computers, phones, etc.)

Daily Bible Reading: 1 Samuel 17:34-35

Prepared for Battle

Many times in life, we don't really understand why we have to face really hard things. But sometimes those are the things that prepare us for our future. If we allow the hard things to help build up our faith and trust in God, we will have what we need in hard times.

Prayer: *Heavenly father, I trust that you will help me defeat every hard thing I face.*

Help me learn from these things and allow them to build my faith and trust in you.

Write down what you can do to help when things get hard





Day 7 - Sunday

Fasting Item: Simply come to church today

Daily Bible Reading: Exodus 20:1-7

Putting God First

Setting aside time for God with prayer, fasting and journaling gets us more focused on God. If things have gotten a bit out of place, we can put them back into order as we get closer to God. **Write down the answers to these questions below.**

Is God the top priority in your life today? If not, what is taking His place? How can you restore Him to that place of honor He desires?

Day 8 - Monday

Fasting Item: Sweets

Daily Bible Reading: Joshua 1:9, Romans 8:35-39

Do Not Be Afraid

From pressures at school, to what we see on the news, and what we sometimes see our friends and families go through, it's easy to be afraid sometimes in this world. Our life will have tough times, but we can face these times without fear. The key is to remember God is always with us giving us His strength, and nothing can ever separate us from His mighty hands! **Write down an answer to the questions below.**

Looking back, what times have you been through something hard where you could've trusted God more and how could trusting him have made it different? What will you do next time you have a hard time?





Day 9 - Tuesday

Fasting Item: Facebook/MySpace/Twitter (For younger kids fast computer games)

Daily Bible Reading: Mark 12:30-31

Love Gives

When Jesus was asked what the greatest commandment was: He answered “loving God, and loving others as much as yourself. One of the greatest expressions of love is giving. God loved the world, so he gave us His son (John 3:16). One of the best ways we can show the love of God to others is to give of ourselves to them: give some of our time, our belongings, our love and abilities or special talents. Do you love God as much as possible? Are there times that you are you not giving as much as you could?

Write down ways could you show the love of God by giving to others.

Day 10 - Wednesday

Fasting Item: Texting with friends (for younger kids fast another way you communicate with friends)

Daily Bible Reading: Proverbs 13:20

Steps Determine Destination

“You are who you hang out with.” it is true! If you hang out a lot with people who get in trouble or with people who are angry and always complaining... you will too. The same goes for when you hang out a lot with people who do good and nice things, you will too!

Take a look at your life and see who is helping you grow in a good way? Who are the people in your life that are leading you down a bad path? Who do you need to not hang out with as much so that you don't become like them in the future? **Write down** what God brings to your mind about this today.





Day 11 – Thursday

Fasting Item: No Meats

Daily Bible Reading: Proverbs 29:15

Learning From Correction

Correction and discipline are never comfortable, but they both help us become better people and to make good choices. When we try to figure it out ourselves and don't follow the correction given to us, we are actually hurting ourselves more and more. Look at the last time you were corrected for something you did, what can you learn from that experience? Take what you have learned and apply it to your life, and be thankful for the lesson you were able to take from it.

Pray that God will help you take correction well and help you use the correction to make a better decision next time. **Draw a picture** about your day today.

Day 12 - Friday

Fasting Item: Television

Daily Bible Reading: Matthew 7:24-27

Living Life Solid

Take a second to visualize a hurricane blowing against a house. It doesn't take a rocket scientist to know that a building made of rock is going to stand up better to that hurricane than a wooden shack. Think about your life for a moment. Is the foundation and structure of your life built on God, or do you tend to trust more in other things?

Write your prayer to God.



Day 13 - Saturday

Fasting Item: Facebook/MySpace/Twitter (For younger kids fast the computer or another way you talk to friends when you're not at school)

Daily Bible Reading: James 4:5-12

Power to Overcome

Some temptations we have are very real. But the Bible says God gives us MORE than what we need to stand against the things we are tempted to do that are wrong. Like cheating on a test, telling a lie, or disobeying our parents. Living faithful is living everyday knowing that only God can help us and letting him help us through prayer and reading the Bible. We don't have to deal with it on our own; we have God to help us!

Write down an example of when you have recognized that God had given you strength to stand against a wrong desire.

Day 14 - Sunday

Fasting Item: Fast Food (like McDonalds, Burger King, Arby's, etc.)

Daily Bible Reading: 1 Corinthians 4:10-13 and verse 20

Faithfulness in Action

In this scripture, Paul gives a quick glimpse of how he and Apollos lived in the name of serving Christ. In verse 20, Paul says It is not possible to live faithful just by talking about it. You must live it out - Reflect and pray for God to reveal areas in your life that need to be guided by His Holy Spirit. **Write down** what came to your mind as you prayed about this.



Day 15 - Monday

Fasting Item: Sweets

Daily Bible Reading: Matthew 25:14-29

A Faithful Servant

God has provided everyone with special talents and gifts. The Bible says that “those who use the talents they are given, then you will be given even more talents.” **Write** What special talents, gifts, and responsibilities has God given you? How are you being faithful by using what God has given you? Pray and ask God to help you with more ways to use your talents and to show you what they are if you don’t already know. Draw a picture of you using your talent(s)

Day 16 - Tuesday

Fasting Item: Daniel fast (eat only fruits and vegetables today)

Daily Bible Reading: 2 Corinthians 10:3-6

Thoughts

Have you ever realized that some things just aren’t what they seem? We often have a tendency of exaggerating what is real and letting our minds play tricks on us. God tells us that we must be able to know the difference between a “lie” and a “truth” in our mind, so that we can control what we think about. **Make a list** of the negative thoughts you have experienced and next to them write a truth, or a promise that God gives us. (For example: Lie – “I am not very good looking and there is nothing special about me.” Truth – “I am beautiful and a great singer. God made me for a specific purpose.”)



Day 17 - Wednesday

Fasting Item: Television (plan ahead for what you will do instead)

Daily Bible Reading: Proverbs 18:21

Words

It is often said that what lives in your heart comes out of your mouth. Using bad language, speaking degrading words to another, and spreading lies, all come from a hurt and fearful heart. -God tells us that life and death are in the power of the tongue. Our words can make or break someone. Ironically whatever you speak will also live IN you. If you talk bad about others, complain all the time, or constantly express anger, that negativity will begin to grow in your spirit.

Think of a time when you fought with someone and said things you didn't mean.

Maybe you put someone down to make yourself feel better or win the battle. We challenge you this week to find one person that you may be thinking of right now.

Write their name down here _____ . Regardless of who was right or wrong, apologize for your words and tell them something that you like or appreciate about them.

Day 18 - Thursday

Fasting Item: Sugar Drinks (drink ONLY water with your meals)

Daily Bible Reading: Matthew 26:41

Actions

Sometimes it is very difficult to do the right thing. We find ourselves getting lazy, cutting corners, and making selfish decisions that temporarily satisfy the desires of our flesh, regardless of the consequences. God tells us, however, that the spirit we have inside of us always wants to do the right thing. So when we put God first in our actions, we give His spirit the power to take over, which gives us the strength to say no and stay away from the bad decisions. -Think of some bad choices that you've made. Was it worth it? What would have happened if you had thought of God first instead of yourself? How can you do things differently in the future? **Write down** your answers so you can look back on them as a reminder later.



Day 19 - Friday

Fasting Item: Facebook/MySpace/Twitter (For younger kids fast the computer or another way you talk to friends when you're not at school)

Daily Bible Reading: Galatians 6:7-9

Reap What You Sow

Whatever you put into a relationship or anything ...is what you'll get out of it.

We have to be intentional each day to only speak words of encouragement and kindness to others, because that is exactly what we need and want for ourselves. Yes, this sort of discipline can become extremely difficult at times, but verse 9 is telling us not to give up because we will be greatly rewarded in God's perfect timing.

Write down the people in your life you could speak words of encouragement and love to, instead of words meant to make them feel bad?

Day 20 - Sunday

Fasting Item: All Technology (TV, video games, computers, phones, etc.)

Daily Bible Reading: James 1:19

Lend Me An Ear

Picture this: a world where everyone patiently listened to a friend tell them about their day, and no one got angry for silly reasons. Wouldn't that be awesome?

Everyone needs a friend to talk to and blurt out what's bothering you that day.

Remember, if you are that ear for someone, chances are they will be more than glad to listen to your crazy day too. Talking to a friend usually helps release frustration and anger so it doesn't bottle up too much. Let's get better at listening to what others are saying, and talking things through.

Who are the one or two people who you listen to? Are they the same as those you talk to about what's going on in your life? **Write down** how can you be a better listener?





The Next Twenty-One Days

We want to encourage you to be just as intentional about the next twenty-one days...and the twenty-one days after that...and so on.

The principles you have practiced in these twenty-one days are very easy to continue over a longer amount of time. Prayer, fasting, and personal devotion are all quite simple to add into your everyday life.

Over these last twenty-one days, you've created space for God to fill. The best way to continue in these same practices is to keep that space open forever. Don't allow it to close up! Protect that time and space with God and make it your priority each day.

Write Down some of the things you want to make sure you continue to fast and some new things that you may fast also.

Write down what day of this challenge helped or affected you the most.

Write down how reading the Bible everyday made a difference in you.

Write down ways that can help you spend more time praying.

